BENGALURU, SATURDAY, SEPTEMBER 16, 2023 www.Bangaloremirror.com 16 Pages PRICE ₹4

# Bangalore Mirror

ON SATURDAY

TEMP Max 27 | Min 20 | Humidity 74% Scattered Thunderstorms Sensex 67,838 | Nifty 20,192 | Gold 58,795 | Silver 72,026 | Dollar 83.17 | Euro 88.57 | GBP 103.07

## Dog census reveals number of strays in city has been controlled by almost 10%; number of vaccinated and spayed/neutered streeties up too

# DOGGONE GOOD

### Detailed result further delayed due to BBMP's notification on ward delimitation

Garima Prasher
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TWEETS @BangaloreMIRROR

The total number of street dogs in Bengaluru has gone down by nearly 10%. According to the results of the latest dog census conducted by the Bruhat Bengaluru Mahanagara Palike (BBMP), the total number of street dogs in the city has reduced to 2.79 lakh from 3.09 lakh recorded in the last census conducted four years ago.

The census results also show that nearly 72% of the total stray dog population in the city is already neutered. While nearly 75% of the male dogs are neutered, as many as 72.11% of the female stray dog population has undergone Animal Birth Control (ABC) surgery.

The 2023 census was conducted over two weeks in July with 50 teams of experts scouring through 1,360 microzones of BBMP's limit and 55,465 dogs were sighted in these microzones. When extrapolated over 6,850 microzones, the population was estimated to be 2,79,335. The census spanned all 243 wards of BBMP and covered 166.7 sq km out of the total 840 sq km area. The enumerators included officials from the Department of Animal Husbandry

CONTINUED ON PAGE 12 »

**"There is scope for improvement and this number can be further reduced by splitting zones into microzones and bringing in more compassionate ABC/ARV partners**

— Harini Raghavan, Citizens for Animal Birth Control

## Khaki for women

City to get 6 new women's police stations to curb rise in gender-specific crimes

PAGE 11

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## 3 THINGS TO DO

### 01 Art era

Get ready to attend the Hi Life Exhibition, which aims to bring gorgeous designer wear, wedding ensembles for brides-to-be, ethnic designs, everyday apparel, jewellery, and more. This exclusive show will also present various kinds of foot wear, carpet, precious stones, furniture, potteries, murals, and other pieces of work from artists. **Where: The Lalit Ashok**
**When: until September 18; 10 am to 8 pm**

### 02 Run for cleaner city

Ekya Schools, Bengaluru is all set to host a marathon called Aryaman. The event will be graced by Kannada actor Anirudh Jatkar and actress Disha Madan. Aryaman, a complete student-led programme, represents Ekya School's annual service learning programme to unite all individuals with a common goal of making Bengaluru a cleaner, greener, and healthier place via multiple means such as lake development, reforestation, conservation, etc.
**Where: Ekya Schools, BTM Layout**
**When: Today; 5 am onwards**

### 03 Event to enjoy

Samsung is celebrating a significant milestone and conducting a K-FIESTA event on the backdrop of the fifth-year anniversary of Samsung Opera House, the world's largest mobile-experience store. The event features voice and dance battles, Korean movie screenings, Korean cuisine workshops, engaging photo booths, exciting games, flash mobs, and more.
**Where: 57 Brigade Road, Residency Road, near Junction of Shanthala Nagar, Ashok Nagar**
**When: Sunday, September 24; 12 pm onwards**

# Cancer's relentless surge

## Karnataka is among top five states with highest overall crude incidence rate of cancer in country, says report; government plans to reduce death and morbidity from cancer in state

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According to the report, the mortality-to-incidence ratio for southern India is 31%

India ranks third after China and the US in cancer cases reported. The reported cancer incidences in 2022 are estimated to be 19 to 20 lakh, whereas the real incidence is estimated to be 1.5–3 times higher than the reported cases. This, however, calls for action to make quality cancer care more accessible and affordable in India.

According to the report of the National Cancer Registry Programme 2020, in India, Kerala, Tamil Nadu, and Karnataka are among the top five states with the highest overall crude incidence rate of cancer among all of India, with an average of 122 cases per lakh population.

The crude rate of incidence for Tamil Nadu is 148.6; Karnataka has 151.7; and Kerala has 181.6, which is higher as compared to the national average of 122 per lakh. The reported cancer incidence in 2022 is estimated to be 4–4.5 lakh in southern states that include Tamil Nadu, Kerala, Karnataka, Andhra Pradesh, and Telangana, which is -22% of total cases in India. The mortality-to-incidence ratio for southern India is 31%, which is in line with the national average of 32–33%.

Lung and neck cancer for males and breast, ovary, and cervix uteri cancer for females are dominant cancers in southern states. The data from the National Family Health Survey (NFHS-5) shows that Karnataka's screening coverage for cancer has been less than the national average. The state-wise cancer screening of men and women (percentage of population) ages 15–49 in Karnataka for cervix cancer is 0.5 and breast cancer is 0.

In order to reduce the death and morbidity from cancer in Karnataka, Health Minister Dinesh Gundu Rao and UT Khader, Speaker of the Karnataka Legislative Assembly, released the Bengaluru declaration of the FICCI Cancer Task Force while chairing the roundtable meeting of the Federation of Indian Chambers of Commerce and Industry (FICCI) Task Force on Cancer for the Southern Region on Friday at Vikasa Soudha.

Gundu Rao said, "The number of increasing cancer incidences is a worrying fact. Cancer is one of the deadliest diseases adversely affecting both patients and their families, as they not only undergo financial repercussions because of the expensive treatment but psychological as well. This is something that needs to be looked into on priority."

Dr L Swasticharan, Additional DDG and Director (Emergency Medical Relief), also participated in the event, and other government officials, including health experts, were also part of the event. The key focus of the discussion was to reduce death and morbidity from cancer in Karnataka, with recent trends showing an 80% rise in cancers in less than 50-year-old age groups.

> **"The number of increasing cancer incidences is a worrying fact. Cancer is one of the deadliest diseases adversely affecting patients** –Dinesh Gundu Rao

FICCI has constituted a multi-stakeholder Task Force on Cancer Care, which has representation from cancer care providers, senior clinicians, medtech and pharma companies, as well as civil society organisations. The Bengaluru cancer FICCI task force will significantly target reducing premature deaths from cancer and improving quality of life and cancer survival rates by introducing nine target strategies.

By 2028, the team plans to strengthen the primary health system to ensure the implementation of early detection and preventive cancer control programmes. Next, strengthen hospital and population-based cancer registries across the state to measure cancer burden. To target cancer-causing infections (HPV and HBV) that will be covered by the vaccination programme. Further to carry out mass media campaigns to reduce the stigma associated with cancer.

Raj Gore, Co-Chair, FICCI Task Force Cancer Care and CEO, Healthcare Global Enterprises Limited (HCG), said, "The war with the pandemic might have waned, but we are still far away from winning the war with one of the most dreaded diseases, cancer. Karnataka is one of the first states to establish a cancer control committee by the government of Karnataka.

It's also among the first states to declare cancer a notifiable disease. Now it's time to join forces with all stakeholders to make coordinated efforts to mitigate and control this looming cancer epidemic."

# 'It's time to reclaim preamble oath'

As part of the preamble readings taking place across the state on the occasion of the International Day of Democracy, civil society organisations Bahutva Karnataka and Tamate Karnataka organised preamble reading sessions in the city. Members gathered in large numbers to distribute pamphlets and postcards of the preamble in the vicinity of Jayanagar Metro Station, on the steps of Town Hall, around Richards Park, and on Constitution Circle, among other prominent spots in the city.

Bahutva Karnataka and Tamate Karnataka organised preamble reading sessions in the city

The preamble was read in both English and Kannada, with autorickshaw drivers and workers employed in nearby stalls gathering to pitch in. Members of the organisations noted that the public had varying reactions to the preamble being read out loud. A woman from the gathering noted that the public had varying opinions on the readings being carried out. "One of the people we approached to join our readings said that the union government may change the name of the country alone, pointing to likely massive amendments to the constitution in the near future. While a few were weary of the situation and thought it to be grim, there were also those who believed that the changes have been long overdue," she said.

> **"One of the people we approached said that the government may change the name of the country** – a participant

Street vendors in Jayanagar also joined the reading despite heavy customer crowds prior to Ganesha festival. A street vendor said, "The preamble enables us to fight wrongful evictions that happen to us consistently."**–BMB**

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# Pile it on: Realtor gobbles up footpath

## Footpath near bus stop in Wilson Garden has become area for construction material to be dumped

Bangalore Mirror Bureau
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TWEETS @BangaloreMIRROR

After street vendors, shopowners, scrapped vehicles, and illegally parked vehicles, it is now the construction industry's turn to infringe upon Bengaluru's pedestrian space. Residents of Wilson Garden have raised the issue of a footpath near a bus stop in the area encroached upon by a contractor carrying out construction work on land adjacent to the footpath.

Residents say the footpath encroached is next to the bus stop on 12th Cross, and the citizens have no other option but to stand on the busy stretch and wait for their buses.

"All pedestrian walks are taken over by the contractor, and a concrete shed has been created. Although it is a busy stretch, residents have no other option but to stand on the road and board their buses. An accident is waiting to happen at this spot," said Nirmala, a regular commuter who uses the bus stop daily.

Locals say the concrete shed was installed nearly four months ago, and the bus stop scene has been chaotic since then.

"Apart from the shed, the contractor also uses the footpath to dump construction material. The bus stop gets chaotic during the morning hours. My bus arrives at the station between 8.30 am and 9 am, coinciding with school time. The stop is used by more than a hundred school and college children who can be seen scrambling to catch the bus. They end up standing on the road to board, and all this happens in the middle of the traffic. The number of commuters at the bus stop is huge, but there is no footpath to wait for the buses safely," said another commuter who uses the bus stop regularly.

Pedestrians struggle to find space at Wilson Garden bus stop

They say while the issue was raised with the local traffic police official nearly a week ago, no action has been taken so far to evict the encroachment and reclaim the pedestrian walk.

Construction work extending up to the footpath area is the new norm in the city. Cement heaps, sand mountains, and brick piles can be seen adorning the city's footpath at multiple locations.

"Many contractors use the pedestrian walkway to store construction utilities, which can be seen frequently in the Whitefield area. We come across this situation often. Although we got a couple of similar encroachments removed with the help of BBMP officials," said a resident of Whitefield.

According to civic activists, the biggest hurdle in successful eviction drives against footpath encroachers is weak enforcement of rules due to irregular and infrequent patrolling by the authorities concerned.

> **Law enforcement teams are rarely seen on streets, only complaints raised by the citizens are being addressed**
>
> –Sandeep Anirudhan, civic activist

"Two agencies responsible for keeping footpaths free for pedestrian access are the Bengaluru Traffic Police and BBMP. However, these agencies have multiple excuses for unsuccessful eviction drives conducted so far. The city should have regular patrolling teams to identify such offences and take action against violators. The administration can also think of strengthening the Hoysala team to ensure every street is patrolled regularly. Currently, law enforcement teams are rarely visible on Bengaluru's street, and only complaints brought up by the citizens are being addressed," said Sandeep Anirudhan, convenor, Namma Whitefield.

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# Minister calls for panel to keep PoP away

To control the use of environmentally harmful materials such as plastic, Plaster of Paris, and other chemicals, the government has proposed formulation of a committee under the chairmanship of district collectors. Environment Minister Ishwar B Khandre held a meeting on Friday with government officials and suggested that the committee comprising officials from the environment, police, rural development, and education departments be formed to work in collaboration.

Reiterating the harmful impacts of heavy metal mixed and chemically loaded PoP, the Minister urged the citizens to celebrate the upcoming Ganesha festival in an environment-friendly manner. He held a virtual meeting with all the district collectors along with the chief secretary of the Government of Karnataka, and deputy chief secretary in Vidhana Soudha, and stressed the use of clay Ganesha idols for worshipping. —BMB

## REARVIEW MIRROR

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# Climate: Why press is critical

What happens to the hearts and minds of 8 billion souls in the immediate fallout of the climate emergency? The emotional and psychological changes - perhaps physiological too in the short/long term - at play are the most overlooked aspects.

Such information is yet to be gathered and access to it would be a premium for the rich few of the neoliberal world - seemingly unable to tackle any humanitarian challenge at hand.

The psychological impact of changing weather - just as shifting patterns observed in agriculture, pollination and flowering cycles of plants - is yet to be understood, and researched in depth.

Phenological aspects - of biological cycles - of the climate emergency especially in the human realm should not go overlooked as the majority affected are exposed to definite socioeconomic risks. Meantime the ultra rich and their politico patrons in the death scramble, with the money stashed away for stopping ageing, colonising exoplanets and so forth, are surely to shortchange the majority in no doubt the most unexpected of challenges modern civilisation has ever come face to face with.

That there is no way to predict where, when or how the next climate disaster is to strike is telling of the absolute vulnerability of the much celebrated human endeavour/ingenuity finally brought to its knees by nature.

The problem is we have not the time to sit on it as the majority of the world's population are on the climate precipice. We need to quickly and clinically glean what is the mental threshold that as a species humans are to adapt to sooner in this sudden shift and scramble for survival?

These are questions hardly asked in the unravelling chaos devastating the planet now throwing up news story after story of calamities.

If ever the aforesaid questions are asked, it is only for the communities that fall within the so-called climate niche - escaping the dire consequences, such as homelessness or lost livelihoods.

That these questions never take centre stage in the already impoverished so-called global south, supposedly the pivot of the now concluded G20, is a conundrum, not to mention the absence of a defined climate policy in the world's most populous nation nor a comprehensive study into how vulnerable communities are affected on the frontlines.

According to scientists, six out of nine planetary markers dating back to 10,000 years - an era that established humanity up until the industrial revolution, also known as the Holocene - have been breached. The broken or about to be broken markers/boundaries that ensure certainty of human life include biosphere integrity, land use, climate, freshwater, flow of nitrogen and phosphorus in the atmosphere, synthetic pollution, air pollution and ocean acidification.

Most critical is proper information dissemination which could cushion the aftermath for civilisation battling the climate breakdown with a planet 'well outside safe operating space for humanity' as scientists pointed out.

Sadly, information dissemination, journalism or media of the day are anything but proper even after such tremendous advancements in technology and communication in a short span of time.

This is all the more specific for the so-called global south where the majority aren't even aware what is about to hit them, thanks to the shoddy approach towards the crisis of the vernacular and local English language media, irreverent policy fiasco dealing a blow to the communities on the edge nonetheless.

For instance, despite the deluge in Libya where 20,000-odd people are feared dead and many more unaccounted for, the devastating floods in Pakistan of 2022, or the ensuing refugee crisis, the news agenda is set - irrespective of the catastrophes unfolding as we speak - to pander to certain business interests upheld by reigning politicos serviced by big tech the world over.

This has to undergo a radical transformation or else the herculean task of adapting to the unravelling mountain of a challenge is impossible and a future lost.

So what should be the global news agenda?

Headlines celebrating the neoliberal leadership propped up by big tech that term woke-ness uncool and refuse asylum to refugees should make way for news about the apocalypse at our doors.

Primetime news TV discussion should give away to the shift in humanity's operating space as presenters play moderators to the skulduggery of politicos that is not benefitting the billions risking homelessness or livelihoods.

The media — print, broadcast and digital - social media oft-lost in bar-talk too — have a critical role to play in easing the pain of billions as they adapt to the changes brought on arguably in the biggest dilemma humanity has faced as a modern collective till date - the will of the rich and powerful to handhold the poor out of this crisis would be judged definitively by future generations as the most significant achievement of human endeavour, if indeed that is to transpire eventually.

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# B'luru-Sakaleshpur Road set for transformation

**Buyers attracted to property in areas away from city limits because it is affordable and in midst of nature**

The latest trend among property buyers is the pursuit of homes nestled in nature's embrace, even if it means venturing away from the bustling city. Purchasing property within city limits often entails compromising on various aspects. Consequently, many prospective buyers are turning their attention to remote locations like Hassan or Sakaleshpur, where a plethora of amenities, including Vastu-compliant properties, await. The most enticing aspect of such properties is the abundance of greenery, offering a breath of fresh air and the freedom to construct homes of their dreams at affordable prices.

Suresh D, a property dealer, said, "With the development of mega-infrastructure projects, towns and cities have drawn closer, facilitating easy and seamless travel. This shift in accessibility is driving the demand for properties in far-flung areas. These properties not only offer affordability but also a wide range of options. We are witnessing a surge in inquiries, with some individuals looking to invest for the future, others seeking weekend getaways, and a significant segment desiring to immerse themselves in nature's tranquility. With the option of working from home, many are choosing to shift to nature's lap."

Mangaluru MP Nalin Kumar Kateel has announced plans for a significant upgrade to the Bengaluru-Sakaleshpur-Mangaluru road. He stated, "There is a proposal to redesign the Shiradi Ghat tunnel project, which serves as an alternative to the existing ghat road. Two surveys have been conducted thus far. The initial estimate for the project was Rs 3,000 crore, while the second survey suggested a cost of Rs 12,500 crore. The latest plan involves digging tunnels at two locations and constructing flyovers to cover the rest. The Centre is planning to allocate Rs 2,500 crore for the first phase of the project."

The Shiradi Ghat serves as a vital link between Bengaluru and several coastal cities, including Mangaluru and Udupi. The proposed four-lane highway on this 26-kilometre ghat section aims to enhance all-weather connectivity, addressing issues related to rainy-day closures and landslides.

Additionally, efforts are underway to four-lane the road between Hassan and BC Road, which will complement the existing four-lane road from Bengaluru to Hassan. This initiative is expected to offer enhanced connectivity between the capital city and coastal regions, significantly improving intra-state travel. Furthermore, it is poised to bolster tourism, facilitating access to heritage sites across Karnataka and fostering sustainable employment opportunities. These highways are set to usher in a transformative era of socio-economic prosperity for the state. **-Prakash VL**

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Choosing the perfect flooring for your home is no easy task. Tiles generally are a popular pick these days. They're long-lasting, a breeze to keep clean, and are available in a wide range of designs. Read on as our experts help you make a sound decision that will lead to a beautifully harmonious interior design.

### Things to consider while selecting tiles

**Anjum Jung, executive director of Morph Interior Designs suggests:**

Aesthetic and style: The flooring you choose should complement the overall theme of your home. Consider the existing design elements, such as wall colours, furniture, and decor. Tiles are available in a variety of colours and patterns. Tiles may now mimic the appearance and texture of natural materials such as wood, marble, and various types of natural stone, thanks to advances in digital printing technology. You should decide whether you want a modern, traditional, rustic, or minimalist appearance before selecting the flooring materials.

**Tile finishes:** Before choosing the perfect tiles from an incredible selection, look for diverse finishes that can adorn your home in a distinctive style. There are excellent options, such as polished, matt, wooden, metallic, marble-tech, carving, and rustic finishes.

**Size of the rooms:** Different rooms have different requirements, and the flooring should be chosen accordingly. For instance, bathrooms and kitchens are frequently damp, so it's crucial to use materials such as ceramic or porcelain tiles that are both water and slip-resistant. You may place a higher priority on warmth and comfort in bedrooms or living spaces, in which case carpet or hardwood flooring is a better choice.

Also, when you are choosing your flooring, keep in mind that the prices may vary depending on what kind and quality of material you opt for. Before you make your decision, it's advisable to have a chat with an architect or interior designer.

Suggesting a few more things that one must consider while choosing the flooring, Krsnaa Mehta, founder and design director, India Circus, says:

**Durability and maintenance:** Choose flooring materials that are durable and suitable for the specific area. High-traffic areas such as entryways, kitchens, and living rooms may require materials such as ceramic or porcelain tiles, natural stone, or hardwood floors. Consider the maintenance requirements of different materials and choose ones that align with your lifestyle.

**Budget:** Establish a budget for your flooring project and consider the price of the supplies, the labour, and any other costs such as underlayment or subfloor preparation. To strike a balance between quality, affordability, and longevity, compare the costs of various tile varieties and building materials. Remember that better materials frequently last longer and could end up saving you money over time by requiring less upkeep or replacement;

**Sustainability:** Shop for items created using recyclable or biodegradable materials. Think about possibilities that include bamboo, cork, salvaged wood, or recycled-material tiles.

**—Times Property**

# Kanakapura and Nelamangala roads: Top picks for real-estate investors

Kanakapura and Nelamangala roads have emerged as highly favoured destinations for property buyers. According to realtor Devaraj Gowda, "Among the many roads connecting Bengaluru, Kanakapura and Nelamangala Roads stand out as the most sought-after locations for property investments. The appeal lies in the diverse range of properties available, catering to all budget ranges. Additionally, both these highways boast robust infrastructure connectivity. Kanakapura Road benefits from Metro connectivity up to ORR, while the Nelamangala Road has Metro connectivity up to BIEC, with future plans for expansion."

The Nelamangala Road is poised to gain direct access to the proposed Bengaluru-Pune-Mumbai Greenfield expressway. Under this plan, the expressway will link up with the Bengaluru Satellite Ring Road at Muthugadahalli, near Doddabelavangala. This strategic connection can be conveniently accessed via Nelamangala and Hesaraghatta roads. The Pune-Bengaluru expressway is slated to span an impressive 699 kilometers with a design speed of 120 kmph. The new alignment will traverse through Pune, Satara, Sangli, Belagavi, Bagalkot, Gadag, Koppal, Vijayanagara, Davanagere, Chitradurga, Tumakuru, and Bengaluru Rural.

**Kanakapura Road benefits from Metro connectivity up to ORR, while the Nelamangala Road has Metro connectivity up to BIEC and there are plans for further expansion**

The expressway will commence at Kurse on the Mumbai-Pune expressway, running parallel to the existing highway towards Karjat, where the construction of the Pune-Bengaluru expressway by NHAI will commence. This ambitious project is expected to trim the distance between the two cities by 95 kilometers, reducing travel time from the current 12 to 14 hours to under eight hours. The road development plan includes 55 flyovers, 22 interchanges, and 10 river crossings.

Initially, the plan was to construct a Greenfield highway connecting Bengaluru and Pune. However, Union Transport Minister Nitin Gadkari disclosed a new approach, proposing a new alignment from the Mumbai-Pune expressway to Pune ring road and onward to Bengaluru. The estimated cost of this comprehensive project is Rs 45,000 crore, with the potential to reduce the distance between Bengaluru and Pune by seven percent. A detailed project report is in the works, and the corridor will be designed to accommodate speeds ranging from 100 to 140 kmph.

Currently, the Bengaluru-Pune Brownfield highway bears one of the highest traffic densities, passing through significant cities in Karnataka such as Tumakuru, Chitradurga, Davanagere, Hubballi-Dharwad, Belagavi, and Nipani. Travel time between Bengaluru and Pune by bus takes 14-16 hours, by train 18-20 hours, and by car 12-14 hours.

**-Prakash VL**

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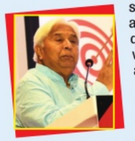
## Who said what

True achievements require sacrifice as an indispensable component. Accomplishments are attainable when fueled by a spirit of sacrifice and unwavering determination. Any achievement devoid of sacrifice lacks authenticity. Success does not materialise overnight; it cannot be hastily added to a list of merits. Numerous individuals have scaled remarkable heights despite grappling with poverty and adversities. The ambition for accomplishment must be accompanied by qualities such as adventure, compassion, and a commitment to serving society with unwavering dedication and selflessness. Regrettably, genuine servants and practitioners often operate in obscurity, overshadowed by the frequent media focus on criticizing politicians and their activities, with scant recognition. However, it is heartening that Vijay Karnataka extends its respect and admiration to those genuine achievers who have surmounted substantial challenges through sheer determination and unflagging persistence. VK serves as an inspirational beacon for countless others, encouraging them to aspire to achieve by spotlighting the motivating narratives behind the accomplishments of these extraordinary individuals. Let us foster additional initiatives of this nature to acknowledge and celebrate achievers."



**-HK Patil, Minister of Law and Parliamentary Affairs**

Vijay Karnataka excels in acknowledging and honouring high achievers. I consider myself fortunate to be part of this event, where we presented awards to these accomplished individuals. Tomorrow, the entire state of Karnataka should be made aware of your remarkable achievements, and I hope it serves as an inspiration to others."

**-Malashree, Actress**

Vijay Karnataka goes beyond conventional news reporting and takes on the responsibility of organising social programmes with a sense of societal duty. The newspaper serves as a representative voice of the people, addressing the concerns and grievances of society impartially, without showing favouritism to any political party or individual. The belief that recognition and honour for achievers should come from the government alone is misguided. When organisations and the media also acknowledge and pay tribute to genuine achievers, it serves as a powerful motivator for more individuals. It is with this intent that Vijay Karnataka bestows the title of 'Achievers of Karnataka' upon deserving individuals."

**-Sudarshan Channangihalli, Editor, Vijay Karnataka**

### Initiative acknowledges deserving achievers through prestigious award, immortalising their contributions to society

# Vijay Karnataka's 'Achievers of Karnataka' Award celebrates inspiring individuals

In our ever-curious society, innovation is a daily occurrence, driven by the relentless pursuit of new horizons. This innate curiosity has propelled countless individuals to develop into accomplished personalities, earning them the distinguished title of "achievers" in various domains. These remarkable individuals naturally capture the attention and admiration of society, becoming sources of inspiration for others, embodying the essence of dedicated seekers.

The VK Achievers' Award is an important step in recognising and honouring those who embark on the path to success through unwavering dedication is a meaningful endeavor. Those who step forward with dreams of contributing to society through hard work, innovative thinking, and social awareness often do so without seeking accolades. Vijay Karnataka, with the largest readership in Karnataka, has taken a laudable initiative to acknowledge these deserving achievers through the prestigious "Achievers of Karnataka" award, thereby immortalising their contributions for the nation to appreciate.

In a recent event held in Bengaluru, 21 exceptional individuals from districts including Mysuru, Mandya, Chamarajanagar, Hassan, Kodagu, Shivamogga, Chikkamagaluru, Chitradurga, and Davangere districts were conferred with the esteemed "Achievers of Karnataka" award. The awards were presented by the Hon'ble Law and Parliamentary Affairs Minister HK Patil and renowned film actress Malashree. The event also featured motivational speeches by both dignitaries, inspiring the audience to aspire to similar heights of achievement in their own lives.

These accomplished individuals represent diverse fields such as education, medicine, business, industry, social service, agriculture, and spirituality. Their acceptance of this accolade was characterised by humility, underscoring their unwavering commitment and relentless effort toward their respective causes, often without harbouring dreams of recognition.

The palpable joy in the eyes of family members and friends was a testament to the significance of the "Achievers of Karnataka" title. This recognition will undoubtedly serve as a wellspring of inspiration for the youth, underscoring the timeless adage that true achievement is a product of persistent hard work and unwavering determination in the pursuit of dreams.

Sudarshan Channangihalli, Editor of Vijay Karnataka, stressed that avoiding challenges is not the path to success; rather, success is achieved by cultivating the courage to overcome obstacles and realize one's aspirations. He urged the youth to embrace the journey of accomplishment, highlighting that society offers abundant opportunities for achievement. The title of "Achiever" is indeed hard-earned, and these dedicated individuals encourage the next generation to tread the path of accomplishment alongside them.

-Prakash VL

The 21 VK Achievers' Award winners were felicitated during a function held in the city recently.

### Celebrating a Son's Legacy

"I accepted the award representing my son, Dr. AB Ravi Arakalagudu (CEO, Helio Flare Limited, UK), who has devoted two decades of his life to groundbreaking research in the healthcare sector in Scotland. His commitment to advancing society's well-being through research fills us with immense pride. This moment of receiving the award on his behalf will forever remain etched in our memories."
– **AC Sujatha, Mysuru**

### Fulfilling media responsibilities

"Vijay Karnataka, in fulfilling its media responsibilities, has not just acknowledged but also commemorated the remarkable accomplishments of individuals from diverse sectors within the state. In doing so, VK has undertaken a pivotal role in advancing societal progress. The well-conceived program has additionally sparked inspiration among individuals in rural regions, a testament to VK's unwavering dedication to the betterment of society."
– **GP Naveen, contractor from Birur, Chikkamagaluru District.**

### Amplifying Sense of Duty

"Being conferred with the Achievers of Karnataka Award has amplified our sense of duty. Sharing this honour with accomplished individuals from various domains, and receiving it from a respected senior minister like H.K. Patil, marks a noteworthy achievement. We convey our sincere appreciation to Vijay Karnataka for facilitating this recognition."
– **Dr. B. Pritam, Managing Director, Islets Diabetes Hospital, Shivamogga**

### Delightful Commemoration

"The splendid commemoration of Vijay Karnataka's 'Achiever of Karnataka' initiative brought me immense delight. Recognising and paying tribute to individuals who have demonstrated excellence across various domains is indeed a delightful endeavor. It acts as a potent motivator for others as they embark on their paths of self-discovery and achievement. Furthermore, it fosters a heightened sense of societal duty."
– **Gerald Damascus Jesudas Lobo, Founder of St. Mary's School, Chikkamagaluru**

### Thrilled by Recognition

"The VK Achiever award ceremony conducted in Bengaluru was an event of both grandeur and significance. I am thrilled to have received this recognition ahead of my expectations. I extend my heartfelt appreciation to the Vijay Karnataka team for choosing me as one of the Achievers of Karnataka."
– **K. Ravikant, Founder Principal, R.P. PU Residential College, Kadur**

### Celebrating Achievers from Urban and Rural Areas

"The inclusion of achievers from both urban and rural areas in the 'Achievers of Karnataka' Award by Vijay Karnataka is commendable. This initiative has provided us with a new platform. The program was thoughtfully organised, and it is heartening to see individuals who are making positive contributions to society being recognized."
– **Irfan Khan, Managing Director, Aarshiraj Builders and Developers Limited, Shivamogga**

### Elevating Sense of Responsibility through Awards

"The 'Achiever of Karnataka' Award by Vijay Karnataka has elevated our sense of responsibility. Receiving this award, especially alongside accomplished individuals from various fields, is a significant honour. Awards like these play a crucial role in promoting social development, and I appreciate the meticulous planning of this program."
– **Dr. Karthik Vijay, Director, Ashraya Super Multispecialty Hospital, Chikkamagaluru**

### Recognition and Accolades for Accomplished Individuals

"I find immense satisfaction in the recognition and accolades offered by Vijay Karnataka, a renowned publication celebrated for its innovation and commitment to social causes, to the accomplished individuals within our community. The considerate act of presenting a memento symbolising the squirrel's contribution to the construction of the Sri Rama Bridge added depth to the awards. The event was meticulously organised, and I convey my sincere gratitude to the VK team."
– **KV Nagesh (Nagesh Angirasa), Kemmannu Herur post, Koppa Taluk, Chikkamagaluru District**

### Splendid Execution of 'Achiever of Karnataka' Award Ceremony

"The 'Achiever of Karnataka' award ceremony in Bengaluru, organized by Vijay Karnataka, was both beautiful and well-executed. The organisers ensured that no time was wasted during the event, and their efficient management was a pleasure to witness."
– **B.R. Umesha, Proprietor, Mathana Home Industries, Bandagadde, Sagara**

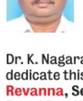
### Consistent Acknowledgement

"Vijay Karnataka has consistently acknowledged achievers across various domains, a praiseworthy practice indeed. These awards serve as a confirmation of exceptional contributions, particularly in the realm of education. I extend my gratitude to the advocates of VK, who actively promote and endorse our school's educational endeavors."
– **Shashikala Raviraj, President, Lalita International Public School and Lalita PU College, Davangere**

### Recognising Rural Achievers and Increasing Responsibility

"Recognizing rural achievers alongside urban achievers through the 'Achievers of Karnataka' Award by Vijay Karnataka is a praiseworthy endeavour. Such recognition not only motivates us but also increases our sense of responsibility. These programmes shed light on the behind-the-scenes professionals who contribute significantly to society. Newspapers should continue to promote such programs, encouraging aspirants to engage in social activities."
– **Dr. P. Channakeshava Murthy, Founder-Nayana Health Care and Diagnostic Centre, Channagiri**

### Splendid Execution and Efficient Time Management



"The 'Achiever of Karnataka' award ceremony organised by Vijay Karnataka in Bengaluru was splendidly executed. The event was characterised by its punctuality and efficient time management, which was greatly appreciated by attendees. Such programmes should be ongoing, and I express my sincere gratitude to the VK team."
– **Dr. Shivaraj Kabbur, Founder of Winner Career Academy, Davangere**

### Extraordinary Achievement Recognized by VK

"Being recognized through the 'Achiever of Karnataka' Award by Vijay Karnataka, which is part of the Times Group, is an extraordinary achievement. I am filled with happiness and gratitude for receiving this recognition. The support of my family and the Srihari Education Trust played a pivotal role in this achievement."
– **S.M. Madhu, Founder Secretary, Srihari Education Trust, Chitradurga**

### Inspiration from VK's Program on Time Management

"This program served as a wellspring of inspiration for all attendees, highlighting the paramount significance of effective time management. Receiving this award has not only heightened my sense of responsibility but has also motivated both myself and my family to pursue further achievements."
– **Dr. Prasad Bangera .S, Principal, Maganur Basappa PU College, Davangere**

### Honoured on Swami Vivekananda's Anniversary

"September 11th is an unforgettable day, as it marks the anniversary of Swami Vivekananda's inspiring speech in Chicago. On this special day, I was honoured by Vijay Karnataka, and I will always cherish this recognition. I owe this achievement to the dedicated services of Dr. K. Nagaraj, a fellow ophthalmologist, and I dedicate this honour to him."
– **Kondlahalli T. Revanna, Secretary, Rudramma Talkerappa Rural Development and Educational Trust, Kondlahalli, Chitradurga**

### Recognising Achievers in Print Media

"Recognising achievers, especially in the realm of print media like Vijay Karnataka, where a platform is provided to honour these individuals, serves as a significant source of motivation for us. It's important to note that this award ultimately belongs to our society, inspiring us to contribute more."
– **KV Chetan, Chairman, Navchetana Janaseva Trust**

### Meaningful Event

"The Vijay Karnataka's Achiever of Karnataka award ceremony was a truly meaningful event, executed with precision and perfection. Recognising and honouring achievers is a noble endeavor, and it truly motivates us to strive for even greater achievements."
– **H.S. Nutan Ajjampura, CEO Nutan Labs OPC Private Ltd., Bengaluru**

### Heartwarming Achievers of Karnataka Event

"The Achievers of Karnataka event was heartwarming. The musical performances added to the delight. Vijay Karnataka's commendable effort deserves recognition. By honouring individuals who have achieved with integrity, VK, Bangalore Mirror, and Times Group have sent a positive message to society. Thank you for this acknowledgement."
– **Dr. Supreet Guruji, Sri Pratyangira Devi Worshipper, Shivamogga**

### VK's Program Propels Achievers Toward Further Success

"The program achieved remarkable success, leaving me deeply moved by Minister HK Patil's inspiring speech. It serves as a wellspring of motivation, propelling us towards further achievements. This event, undoubtedly, stands as a pivotal stepping stone for future endeavors. I genuinely commend the gathering of all achievers on a single platform."
– **KB Lingaraju, President, Mysore Chamber of Commerce and Industries**

### VK's Program Leaves a Lasting Impact

"This program not only acknowledges achievements but also serves as an inspiring catalyst for future endeavors. The Sugama Sangeeta performance was a notable highlight, and Minister HK Patil's words left a lasting impact. I extend my heartfelt appreciation to the VK team for their outstanding teamwork in making this program a resounding success."
– **Puttaraju P Gowda, Proprietor, Varsha Cables Private Limited, Mysuru**

### VK Recognizes and Inspires Achievements

"I feel truly blessed that VK recognized and celebrated my achievements. The program exemplified perfect organization, setting a benchmark for event execution. It's a matter of great pride that achievers from across the state shared the same stage. I extend my heartfelt congratulations to all the winners, and this program serves as an inspiration for us all to strive for greater accomplishments."
– **Nanjundaswamy, Sri Nanjundeshwara Builders and Developers**

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# BENGALURU SPEAKS

and gets heard on this page

## STORYBEHINDTHEPHOTO

**GROOMING SESSION**

A baby monkey de-licing its mother in Hampi

The picture was clicked by BM reader **P Adithya**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

## DID YOU KNOW?

HSR Layout stands for Hosur Sarjapur Road Layout. It is one of the most popular residential areas in the city. It is said that it was built by BDA and is designed on modern town planning ideas. It is located in the south-eastern part of Bengaluru. Areas like Koramangala, Venkatapura, Mangammanapalya, and more are easily accessible from here. It is known to nestle a composting learning centre at one of the parks by BBMP. Called Swachagraha Kalika Kendra, it is a centre that has many composting units and is said to be one of its kind. There are many other parks in the vicinity.

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**9591233247**

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

# Caution: You may confront danger on this skywalk

## Skywalk on Hosur Road suffers damage on its lower side from heavy-duty vehicles

A vital and busy skywalk near Christ University on Hosur Road has suffered serious damage from heavy-duty vehicles, causing concern over public safety. The incident was brought to light by several commuters, including Satisha, a vigilant parent who noticed the treacherous condition of the metal structures while picking up his daughter.

The incident raises rising concerns about the structural strength of the skywalk and the safety of pedestrians who use it daily. The metal structures of the skywalk have been left exposed and in a dangerous state due to the impact of heavy-duty vehicles.

Satisha pointed out the importance of regular safety inspections and maintenance of crucial public infrastructure like skywalks, which play a vital role in ensuring the safety and convenience of pedestrians in the area.

Pranav, a student at Christ University, said, "The skywalk is used by a large number of students to commute to the campus; the damage to it surely poses a safety threat to them. The government must take adequate measures and repair it, or even disallow heavy-duty vehicles onto the particular road."

Other students added that the lower side of the skywalk is damaged, posing a threat to both commuters and pedestrians. They demand the repair to be done as soon a possible.

**The skywalk near Christ University has been hit by a heavy truck**

Ritu, another student from Christ University, said, "This is a skywalk that is most widely used by the students and even the general public throughout the day. The top part is fine, but the problem lies in the lower side of the skywalk, which has been hit by a heavy truck, and a part of it has been damaged. Hence, it is best to get it fixed at the earliest to avoid any unfortunate incidents."

> **"The skywalk is used by a large number of students to commute to the campus; the damage to it surely poses a safety threat to them**
>
> – Pranav, a student at Christ University

The incident serves as a stark reminder of the need for vigilance and the importance of maintaining and safeguarding public infrastructure for the welfare of the community.

**— Sanjana Rao**

## TAPTHECHATTER

where Bengalureans speak their mind

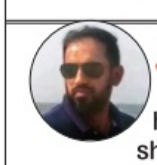
### What are the best ways to decongest the city's roads?

**Uma Ramamurthy, BM Reader**
For street vendors, separate spots must be provided by the government, and they should be maintained by every citizen as well. Two-wheelers using the vendor's spot to avoid signals that can create a problem.

**Padma Venugopal, BM Reader**
During peak hours, especially in the morning, parking garbage trucks for long hours can cause congestion. Proper timing must be followed by the municipal department and also by people working for it.

**Sai Kumar, BM Reader**
Installing surveillance cameras at busy junctions can provide information about outlaws like not following traffic signals, commuting in one-way directions, etc. Imposing a fine for the rule break acts as an eye-opener for people.

**Prashanth Suri, BM Reader**
For pedestrians and cyclists, sidewalks with paving stones help. Paving stones laid with gaps allow rainwater to absorb directly into the ground. By following this, water stagnation on the roads can be avoided during rainy season.



**Jayasimha Sathya, BM Reader**
People residing in independent homes or single-storey buildings should park their vehicles in the garage of the building rather than parking on the road haphazardly. This avoids congestion on the roads for other everybody.

**Tejaswini Saikumar, BM Reader**
People travelling from one end to another can either opt for public transport or carpooling. Time gets saved, and the amount of carbon emissions is reduced to a certain extent. Using cycles can act as one of the best solutions.

**SPEAK TO US**

How do you spend a phone free day in the city?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

# City to get 6 women's police stations

Sridhar.Vivan
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TWEETS @sridharvMIRROR

The Bengaluru City police have received a boost as the State Government has granted approval for the establishment of additional police stations, with a particular focus on women's stations. In addition to this, the government has approved to enhance the city's police force by deploying more personnel across various police stations. A senior police official said the pressing need for more women-specific police stations is due to the increasing incidents of crimes against women. As a response, new police stations are slated to be established in the north, central, west, north-east, Whitefield, and south-east areas of the city. Each of these stations will be headed by a police inspector, supported by four police sub-inspectors, four assistant sub-inspectors, eight head constables, and 24 constables. "In light of the rising crime rates against women, the establishment of dedicated women's police stations in various parts of the city is an important step towards enhancing safety," said the senior police official.

Moreover, in response to the escalating traffic challenges in the city, the government has decided to create two additional traffic police stations. One will be located in Chikkabanavara in the north, while the other will be established in Jannabharati in the

PIC FOR REPRESENTATION ONLY

west. Each of these traffic police stations will be staffed by one traffic police inspector, six sub-inspectors, 12 assistant sub-inspectors, 22 head constables, and 44 constables. "As traffic congestion grows, the addition of these new traffic police stations will help in better traffic management and ensuring road safety," said an official.

In a bid to reinforce law and order, the existing police stations will also receive additional manpower. The government has granted approval to assign 85 officials/personnel to the existing 28 law and order police stations.

CM Siddaramaiah underscored the government's commitment to taking action against DCP and SP-level officials responsible for unlawful activities and organised crimes within their respective police station limits. He emphasised that the government would not limit action to lower-level officials, and senior officials would also be held accountable.

"Our government will take strict action against those who engage in unlawful activities, regardless of their rank within the police force," warned Chief Minister Siddaramaiah stressing the importance of swiftly registering voluntary FIRs against those responsible for disrupting societal peace through false news and rumours. "Timely reporting and investigation of incidents are crucial in maintaining public order," said the Chief Minister. He further urged proactive measures in sensitive cases, instructing officials not to wait for complainants to approach them. To bolster the Central Crime Branch (CCB), 230 new personnel have been sanctioned, with additional buildings to be provided if necessary. "The strengthening of the CCB is essential for effective law enforcement and criminal investigation," noted CM emphasising on a zero-tolerance stance on immoral policing and encouraging a people-friendly police system that instills confidence in the public.

# Can't kick the habit? No-nicotine trick helps

## City-based researchers get strong evidence on efficacy of Nicotine Replacement Therapies and counselling to help people quit smoking

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NRT is a treatment to stop smoking by taking nicotine through means other than tobacco

Cigarette smoking is a global health crisis that results in claiming the lives of approximately five million people each year. Nicotine replacement therapy (NRT) is a treatment to help people stop smoking, by taking nicotine through means other than tobacco. In a clinical trial conducted by one of the colleges in Bengaluru, it has found the efficacy of NRT in aiding smoking cessation.

A recent clinical trial conducted by Krishnadevaraya College of Dental Sciences in Bengaluru, led by Dr Murali R, Professor and Head of the Department of Public Health Dentistry, has unveiled compelling evidence regarding the efficacy of Nicotine Replacement Therapies (NRT) in aiding smoking cessation.

Dr Anagha Reji concluded that a combination of two successful smoking cessation methods - behavioural counselling and NRT in the form of nicotine gums - significantly enhances success rates in quitting smoking.

The clinical trial had 105 participants aged between 18 and 50, who were regular smokers. The participants were then divided into three distinct groups. The first group received behavioural counselling only, the second group received nicotine gums only and the third group received both behavioural counselling and nicotine gums. For each group, exhaled breath carbon monoxide levels were measured (a measure to check smoking cessation) during the initial assessment and across six consecutive follow-up visits spanning over 12 weeks. The results showed a distinct reduction in carbon monoxide (CO) levels among participants in all three intervention groups.

> **"This research holds significant promise for curbing the global tobacco epidemic, especially in regions like Bengaluru**
>
> –Asha Vernekar, FIDR

According to the professors the most remarkable and statistically significant reduction was observed in the group that received both behavioural counselling and nicotine gums, highlighting the effectiveness of the synergetic cessation strategies.

This is the second such clinical trial to present compelling evidence of the effectiveness of NRT in helping smokers successfully quit the habit. In another landmark study by S.C.B. Dental College & Hospital, Cuttack, Odisha, nearly 70% of trial participants were consumers of smokeless tobacco.

The participants were divided into three groups, all of which received behavioural counselling and two of these groups were given either nicotine patches or gums. These two groups were 5.2 and 4.6 times respectively more likely to successfully quit the habit than the group that was offered behavioural counselling alone. This was the first trial in the world to demonstrate the efficacy of NRT in smokeless tobacco consumers.

Asha Vernekar, Director of the Forum for Integrated Development and Research (FIDR), a civil society organisation dedicated to developmental initiatives across the country added, "This path-breaking research holds significant promise for curbing the global tobacco epidemic, especially in regions like Bengaluru where smoking continues to be a major public health concern. As Nicotine Replacement Therapies and behavioural therapy remain accessible, an addiction-free future becomes attainable. Ensuring its unimpeded availability, particularly for our youth, is not a mere option but a fundamental duty to protect their health and secure a future devoid of addiction."

# 'Democracy is not just about I-Day celebrations'

Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

Janaagraha, in association with the Karnataka Ward Samiti Balaga, organized an online State-level Panel Discussion on Thursday, with experts in the field of public administration, law, and Democracy from across Karnataka as panellists. Over 200 citizens from various cities of Karnataka, such as Mysuru, Belagavi, Kalaburagi, Ballari, Mangaluru, and Bengaluru participated and posed interesting questions to the panellists.

The theme of the Panel Discussion was - Daily Democracy - in which people can participate and contribute to the strengthening of the democratic system of the country continuously.

Santosh Nargund, Head of Civic Participation at Janaagraha said that democracy extends far beyond celebrating national holidays and casting votes every few years. "It is a continuous process in which we, as citizens, engage with elected representatives, such as councillors and MLAs, to actively participate in governing our cities and the country. Active citizenship is about finding and acting upon local solutions for global problems such as environment sustainability and climate change, as well as important aspects of governance such as public health, civic infrastructure and services which contribute to improving the quality of life in our cities, towns and villages," said Santosh Nargund.

Responding to the point, Dr Sharada B Patil, Assistant Professor, K L E Society's Gurusiddappa Kotambri Law College, Hubballi, said that democracy is everybody's responsibility. "We, the people of India, have adopted the supreme law, namely the Constitution, under which the government elected by us should function to achieve the goals of justice, liberty, equality and fraternity. We must work towards that goal daily so that our representatives also work in the same way," Dr Sharada B Patil said.

The doctor said that it is not Yatha Raja Tatha Praja; It is the Yatha Praja Tatha government now. "If the government has to function according to our mandate, we must also work the same way daily in our lives. It's a continuous process. Active participation of all the people irrespective of caste, sex, religion, race etc., is the essence of Democracy," the doctor said.

Dr Gooru Sreeramulu, Professor and Chairman, of the Department of Political Science and Dean Faculty of Social Sciences, at Gulbarga University, has said that it is pertinent to understand the essence of Democracy in general. "A democratic country has a system of government in which the people have the power to participate in decision-making and hold decision-makers accountable. We have to understand that Democracy enhances the quality of decision-making and also improves the dignity of citizens by active participation from citizens in governance," said Sreeramulu.

# No. of street dogs dips to 2.79 lakh from 3.09 lakh

CONTINUED FROM PAGE 1

and Veterinary Services and BBMP's Animal Husbandry Department.

According to BBMP officials, the census results reflect positively on the palike's ongoing ABC/ARV program.

"Not only has the population size gone down, the number of vaccinated and spayed/neutered dogs has increased too. The data is still being studied by the National Institute of Veterinary Epidemiology and Disease Informatics, Indian Council of Agricultural Research (ICAR-NIVEDI), the institute that formulated the census and is currently analysing the data for BBMP. The report will be released in a week from now," said an official from BBMP's Animal Husbandry Department.

While the detailed result of the census was to be made public by the end of last month, it is now further delayed due to BBMP's recent notification on ward delimitation.

"We had conducted the analysis of field data based on 243 wards and had submitted the detailed report to BBMP. However, the department has again reached out to us after the ward delimitation notification. We will have to re-analyse the data based on fresh 225 wards. The report will be submitted by the end of this month," said a reliable source.

Being taken up after a gap of five years, the census result will be useful in analyzing the efficacy of the ongoing ABC/ARV program by the civic agency.

The last dog census of Bengaluru was conducted in 2018, recording 3.09 lakh stray dogs. Before that, 1.85 lakh stray dogs were recorded in the 2012 census and 1.83 lakh were recorded in 2007.

## Step in right direction

Animal welfare workers in the city say a reduction of 10% in the stray dog population is encouraging.

"BBMP has conducted multiple dog population censuses in the past and for the first time, the number of stray dogs has reduced. It is surely a step in the right direction. This should be attributed to the systematic and planned ABC/ARV programme by the BBMP. The cases of dog bites and rabies are also declining in the city with the help of the rabies helpline, yet another initiative by the civic agency to control the street dog population.

However, there is scope for improvement and this number can be further reduced by splitting zones into microzones and bringing in more compassionate ABC/ARV partners. BBMP should also consider strengthening the infrastructure of existing ABC/ARV partners," said Harini Raghavan, Citizens for Animal Birth Control.


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**personal**

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**I,** Mohanangi D/o Rajagopala Bhatta (W/o Late Bijoor Suresh Maiya) Aged About 56 Years R/at Ganga Nivas, 1st Main, 1st Cross, Amarjyothi Layout, Thanisandra Main Road, B'luru - 560077have changed My Name To Shobha Maiya Bijoor Vide Affidavit Dtd:14/09/2023 Sworn Before Notary Uday Kumar K, B'luru

**I,** Gupta Sanjaya Kota Ashwath Narayan, S/o. Aswath Narayan Gupta, #32, 2nd Main, K.E.B. L/o, B.T.M. 1st Stage, Blr-29 have changed my minor son's name PARIN KOTA SANJAYA GUPTA to PARIN GUPTA vide affidavit Dtd: 14/09/2023 before Notary M. Rajendra, B'lore.

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**I,** Ibne Kaseer S/o Shafeeq Ahmed R/o No-4 , 1st cross Chennakeshava Layout , Hennur Main Rd B'lore -560094 have changed my name to Kaseer Ahmed for all purposes.

**I,** Neha Kota Sanjaya Gupta, D/o. Gupta Sanjaya Kota Ashwath Narayan, #32, 2nd Main, K.E.B. L/o, B.T.M. 1st Stage, Blr-29, have changed my name to NEHA GUPTA vide affidavit Dtd: 14/09/23 before Notary M. Rajendra, B'lore.

**I** Raghuram Suppanchettyar Paramanchettyar S/O, Peraman Chettiyar R/o No.10, 6th Cross Sudhamanagar Bengaluru - 560027 have changed my name to Raghuraman Suppanchettyar Peramanchettiyar.

**I** PREETHI P KAMATH W/o Mohandas N , R/o. Flat No 305, 3rd Floor, Hemanth Shankh Apts,Ramesh Nagar,Bengalore-560037, Has changed my name from PREETHI to PREETHI P KAMATH for all future purpose.

**I,** Preeti Kota Sanjaya Gupta, D/o. Gupta Sanjaya Kota Ashwath Narayan, #32, 2nd Main, K.E.B. L/o, B.T.M. 1st Stage, Blr-29, have changed my name to PREETI GUPTA vide affidavit Dtd: 14/09/23 before Notary M. Rajendra, B'lore.

**I** Vinayaka S/O, Chikkobarao R/o 43/1, 6th Cross 2nd Main, Chamundeshwari Layout Vidyranyapura, Bengaluru, Pin:560097, Karnataka, India have changed my name to Vinayak C Kulkarni

**I,SHIFA** Shariff D/o Azmatulla Shariff R/o Building no205 #302 3rd floor,4th main 4th cross, kenchanapura cross jagathjyothi nagar Bangalore 560056 Has Changed My Minor sons Name from Mohammad Ammar to Mohammad Azeem for All purpose

**I** Kubra Saleem Ahmed D/O, Dastagir Shaik Shahed R/o Flat 102, 1st Floor, 37, 9th C Main Road, Btm Layout 1st Stage, Bangalore 560029. have changed my name to Kubra Shahed.

**I,** Parveen W/o Hidayath Pasha R/o No-69, 2nd Floor , 3rd Main , Nanjundeshwara Nagar B'luru-560096 have changed my name to Parveen S for all purposes.

**I,** Venkatesha M S/O, Mariyappa R/o #86/60, East End B Main Road, Jayanagar 9th Block, Bengaluru - 560069 have changed my name to Venkatesh M for all purposes.

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A majority of green vegetables, including spinach and cabbage, are excellent sources of fibre and are beneficial for promoting bile production

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# EAT WELL. BE HAPPY

## Expert explains why you need well-balanced nutrition to avoid harm to mental health

It's easy to get caught up in the chaos of daily life in our fast-paced lives and forget about the most important component of our health: nutrition. Many people mistake healthy eating with bland food and feeling deprived, which makes them choose fast fixes or severe diets that promise immediate results. The reality is that not giving your body access to nutritional foods can harm both your physical and emotional health, which will inevitably result in misery and unhappiness.

While it might be alluring to turn to harsh diets or severe calorie restrictions in order to lose weight quickly, doing so can have detrimental effects on your mental health. Deprivation diets cause feelings of irritation, impatience, and unhappiness in addition to depriving your body of vital nutrients. Additionally, they could encourage an unhealthy relationship with food and perpetuate the vicious cycle of guilt-driven binge eating.

### The Relationship Between Mood And Nutrition

Our mental and emotional health is greatly influenced by the food we eat. Numerous studies have shown that there is a substantial link between diet and mood. Your body performs efficiently when you consume a balanced diet full of vitamins, minerals, and other necessary elements. This includes the generation of neurotransmitters such as serotonin, which are responsible for controlling mood.

**Here's how you can eat healthily for happiness**

### Increase Serotonin

The foods we eat have a big impact on serotonin, sometimes known as the "feel-good" neurotransmitter. Salmon, almonds, seeds, turkey, and other foods are high in tryptophan, an amino acid that is a precursor to serotonin. Including these in your diet can improve your mood and reduce depressive feelings.

### Keep Blood Sugar Stable

Mood swings and irritation can result from spikes and drops in blood sugar levels. Selecting complex carbohydrates, such as whole grains, fruits, and vegetables, can help you keep your blood sugar levels constant, which will help you feel good all day.

### Choose Antioxidant-Rich Foods

Antioxidants in berries, spinach, and kale, among other fruits and vegetables, can shield your brain cells from oxidative stress, which is associated with mood problems.

### Add Omega-3 Fatty Acids

Studies have shown that omega-3 fatty acids, which are present in fatty fish, flaxseeds and walnuts, are beneficial for mental health. These beneficial fats can aid in easing anxiety and depressive symptoms.

### Hydrate!

Lack of fluids might impact your mental health. To stay hydrated, make sure you drink enough water throughout the day.

Prioritising your health and wellbeing is essential in the pursuit of happiness, and choosing nutritious foods is a big part of that. Instead of starving yourself to depression, choose a nutritious and balanced diet that promotes both your physical and emotional wellbeing. You might make a big step towards a happier and more meaningful existence by including foods that improve your mood in your everyday meals and staying away from extreme diets. Keep in mind that eating not only provides energy for your body but also nourishes your spirit.

*Dr Archana Batra, nutritionist, dietitian and physiotherapist for Femina*

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PVR - INOX CINEMAS {REX | NEXUS | ORION | VAISHNAVI | VEGA CITY | REGALIA | MARKETCITY | BHARTIYA | GT | AURA | SPIRIT | VR | UPTOWN | GLOBAL | FALCON CITY | MANTRI | CENTRAL | GARUDA | YELAHANKA | SWAGATH | BROOKFIELD | LIDO | NEXUS NEIGHBOURHOOD | SBR | RMZ | TUMKUR S MALL | MYSORE GARUDA - NEXUS - SATYAM - CENTRO | MANGALORE NEXUS | MANIPAL - CENTRAL MALL} | CINEPOLIS CINEMAS {MEENAKSHI | ETA | ORION EAST | LULU | SJR | NEXUS SHANTHINIKETAN | MANGALORE} | GOPALAN CINEMAS {ARCADE | LEGACY | GRAND | SIGNATURE | INNOVATION} | INNOVATIVE {MARATHHALLI} | KINO CINEMA {SEEGEHALLI} | CINEPHILE {HSR LAYOUT} | ROCKLINE {JALAHALLI} | MUKTA A2 CINEMAS {UTTARAHALLI} | MIRAJ CINEMAS {SUNKADAKATTE} | DRC CINEMAS {MYSORE} | VISION CINEMAS {MYSORE} | BHARATH CINEMAS {MANGALORE | MANIPAL | KUNDAPURA | PADUBIDRI | PUTTUR | SHIMOGA} | CINE GALAXY {SURATKAL} | MOVIE TIME {DAVANGERE | BELLARY} | SANTHOSH THEATRE {K.G.ROAD} | ABHINAY {K.G.ROAD} | URVASHI THEATRE {BANGALORE} | MUKUNDA THEATRE {MARUTI SEVANAGAR} | CAUVERY THEATRE {SANKEY ROAD} | VEERESH THEATRE {MAGADI ROAD} | SWAGATH SHANKARNAG {M.G.RAOD} | SWAGATH POORNIMA {J.C.RAOD} | AMRUTH THEATRE {LINGARAJPURAM} | HMT THEATRE {JALAHALLI} | RENUKA PRASANNA THEATRE {J. P. NAGAR} | RAVI THEATRE {EEGIPURA} | VICTORY CINEMAS {KAMAKSHIPALYA} | VAIBHAV {SANJAY NAGAR} | LAKSHMI {TAVAREKERE} | VENKATESHWARA {KENGERI} | SRINIVASA {GOWDANAPALYA} | RAVI {SARJAPURA} | BALAJI {DOMMASANDRA} | LAKSHMI {GOTTIGERE} | VAJRESHWARI {ULLALA} | PRUTHVI {NAGAWARA} | SHARADA THEATRE {SP ROAD} | BALAJI {VANNARPET} | TIRUMALA {HSR LAYOUT} | MANASA {KONANKUNTE} | SANDHYA {MADIWALA} | BRUNDA {HONGASANDRA} | GALAXY PARADISE {BEGUR ROAD} | RAJ MURALI {KODIGEHALLI} | MAHADESHWARA {KADIRENAHALLI} | VIJAY {Mysore Road} | VINAYAKA THEATRE {Harinagara} | VINAYAKA THEATRE {Mysore Road} | VIJAYALAKSHMI {Garudachar Palya} | RADHAKRISHNA THEATRE {R T Nagar} | PUSHPANJALI THEATRE {B N Pura} | VENKATESHWARA THEATRE {K R Puram} | KRISHNA THEATRE {Bommana Halli} | SIDDALINGESHWARA THEATRE {JP Nagar} | GOVARDHAN THEATRE {Yeshwanthpur} | VAINIDHI {Singapura} | ANJAN {Magadi Road} | PUSHPANJALI THEATRE {Sultanpalya} | VINAYAKA THEATRE {D J Halli} | SANGAMESHWARA THEATRE {Vijayapura} | NANDEESHWARA THEATRE {Jigani} | SAVITHA THEATRE {Malleswaram} | SRI VINAYAKA THEATRE {Varthur} | VANI THEATRE {Kanakapura} | SHARDHA THEATRE {Kolar} | SOUNDAYRAY MAHAL THEATRE {Doddaballapura} | ALANKAR THEATRE {Hoskote} | TRIMURTHY THEATRE {Tiptur} | ADARSHA THEATRE {Chinthamani} | VARADARAJA THEATRE {Mulbagal} | JAI BHARATH THEATRE {Tumkur} | SHANKAR THEATRE {Madhugiri} | VENKATESHWARA THEATRE {Shidlagatta} | KRISHNA THEATRE {Chikkaballapura} | LAKSHMINARASIMHA THEATRE {Anekal} | GOWRISHANKAR THEATRE {Attibele} | SHIVANANDA THEATRE {Chennapatna} | MEENAKSHI THEATRE {KGF} | SANGAM THEATRE {Mysore} | BALAJI DELUXE {Mysore} | JAYALAKSHMI THEATRE {Mandya} | SREE GURU THEATRE {Hassan} | BALAJI THEATRE {Channarayapatna} | SLN THEATRE {Holenarasipura} | KRISHNA THEATRE {Kollegala} | BRAMHARAMBHA THEATRE {Chamarajanagara} | RATHNA THEATRE {Arasikere} | SCVDS THEATRRE {K R Nagara} | COORG CINEPLEX {Kushalnagara} | MALLIKARJUNA THEATRE {Shimoga} | SRI LEKA THEATRE {Chikamagalore} | SATHYA THEATRE {Bhadravathi} | VIJAYLAKSHMI THEATRE {Kadur} | SP CINEMAS {Mangalore} | PLANET THEATRE {Karkala} | SHANKAR THEATRE {Baindur} | VASANTHA THEATRE {Davangere} | TRISHUL THEATRE {Davangere} | BASAVESHWARA THEATRE {Chitradurga} | CHOTU MAHARAJ {Chitradurga} | GANGA THEATRE {Bellary} | RADHIKA THEATRE {Bellary} | SARSWATHI THEATRE {Hospet} | RAMAKRISHNA THEATRE {Siraguppa} | RAJA RAJESHWARI THEATRE {Malavalli} | SOMESHWARA THEATRE {Bannuru} | VIJAY(SURYA) THEATRE {Gundalepete} | SHANKAR THEATRE {Sargur} | SHANKAR THEATRE {Ramnagara } | RANGANATHA THEATRE {Sira} | VISHNU {Hagribomanhalli } | PRAKASH {Yelankha} | ASHOKA {Banavara} | JAIMARUTHI {Sakleshpura } | PADMA CINEMAS {Kunigal} | SHANKAR {Gouribidnur} | NANJUNDESHWARA {Hiriyur} | SANTHOSH THEATRE {RPC Layout} | GAYATHRI TALKIES {Hoovinadagali} | SRINIVASA TALKIES {Sandur} | SREE TALKIES {Sagara} | BHARATHI THEATRE {Peenya} | LAKSHMI VENKATESHWARA {Kurugodu} | SHANTHA THEATRE {Honnali} | DEEPAK THEATRE {Bidadi} | VIJAYA THEATRE {Bangarpete} | SANGEETHA THEATRE {Srinivasapura} | RANGA MAHAL{Gowna Pally} | SREE KANTH TALKIES {Harihara}.
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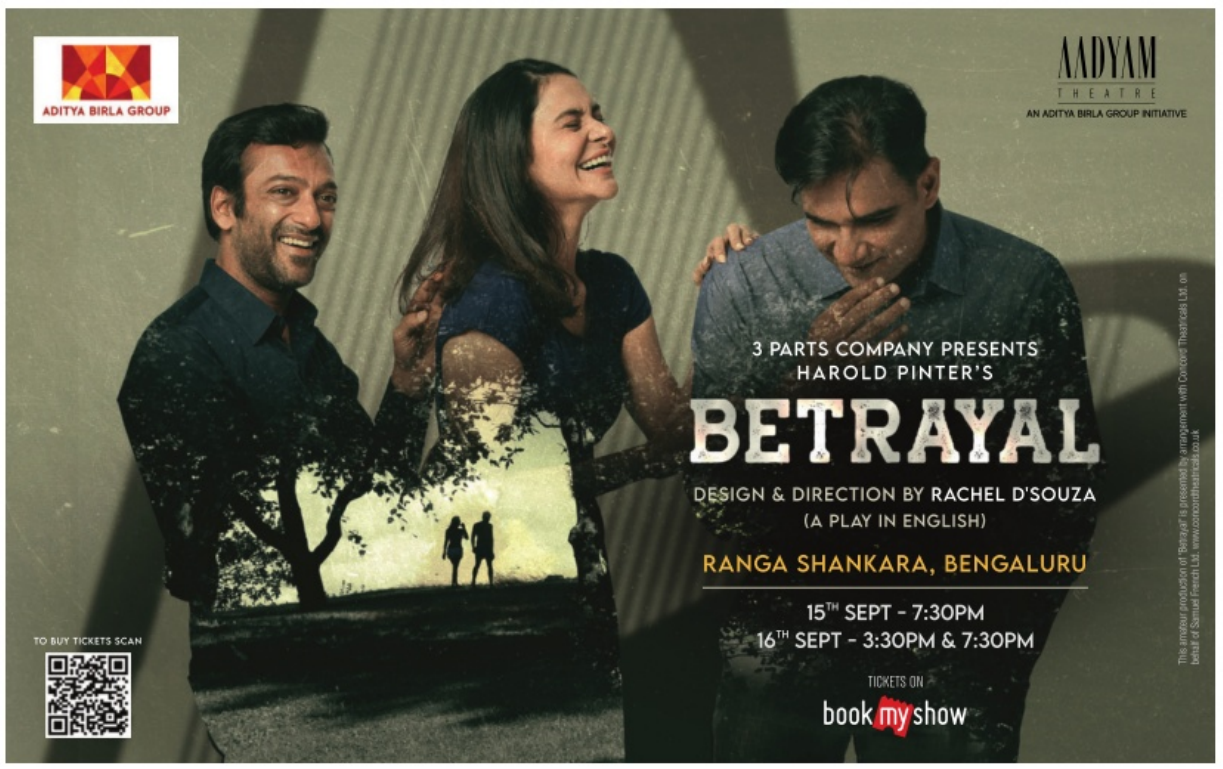
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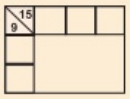
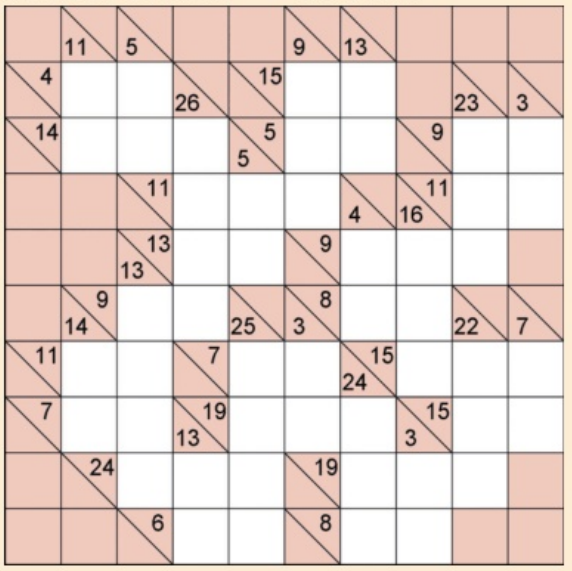
## Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

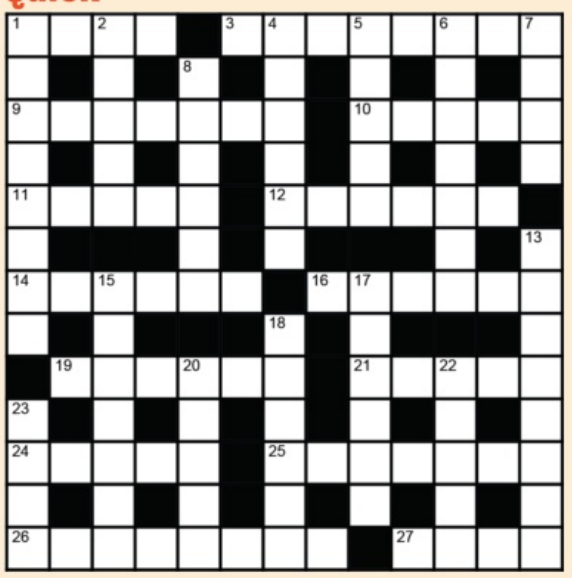



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



## Quick



**ACROSS**

1 Small medicine bottle (4)
3 Disappeared (8)
9 Nazi secret police (7)
10 Awaken (5)
11 Arrive at (5)
12 Leguminous plant (6)
14 Still in the womb (6)
16 Available–as the records show? (2,4)
19 Displease (6)
21 Mull over (5)
24 Cove or bay (5)
25 Something that is opposite (7)
26 On one's ___ ___ : just short of exhaustion? (4,4)
27 Sums (4)

**DOWN**

1 Spirited, forceful, vibrant (8)
2 Between ports (2,3)
4 Hospital on Bannerghatta Road (6)
5 ___ Khan; Pakistani cricketer and politician (5)
6 Harry ____ : the famous escape artist? (7)
7 Action (4)
8 Froth or foam (6)
13 Frailty (8)
15 Happens to; is the fate of, in a way? (7)
17 Local inhabitant (6)
18 Border type? (6)
20 Praise, laud (5)
22 Owing money? (2,3)
23 Grinding machine (4)

## Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**Today's CLUE: X EQUALS G**

QD NUH LZKF FU TWWY EUIWFJQKX GUKGWZCWV DSUI NUHS WKWIN, VUK'F VQEG-CUEW QF FU NUHS DSQWKV.

## Linemaro

You're pretty high on my list of people with whom I would want to be stranded on an island.

## Mindchow

Discouragement and failure are the surest stepping stones to success

## Joke of the day

Rajinikanth has counted up to infinity. Twice.

## Loop

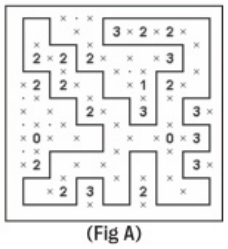
### Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

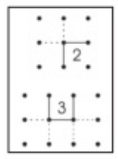
### How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

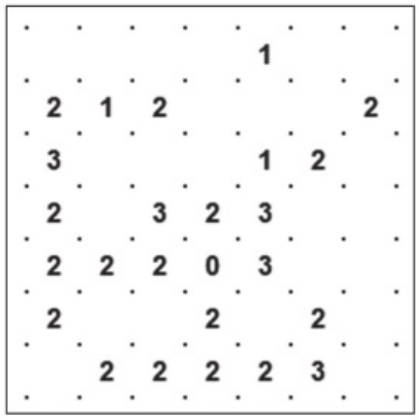
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



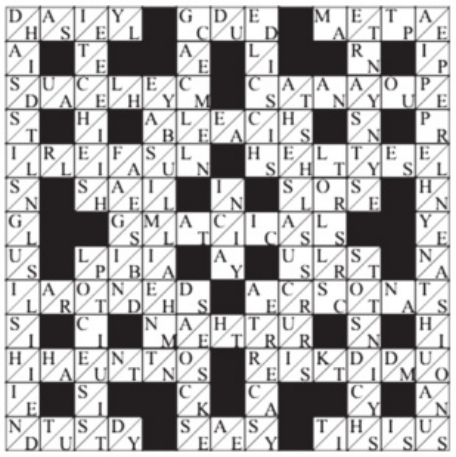
(Fig A)



(Fig B) Not Allowed



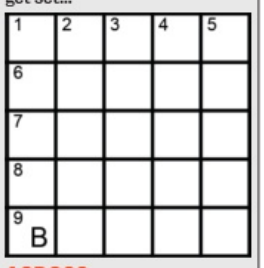
## Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

## Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...




**ACROSS**

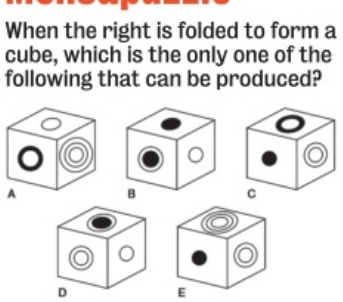
1 Scots; 6 Peary; 7 Pearl; 8 Or cha; 9 Baths

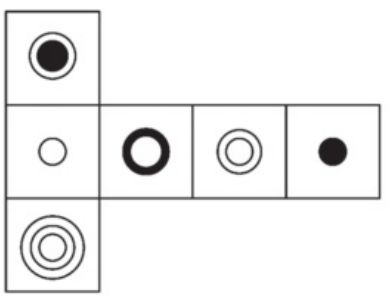
**DOWN**

1 Cobra; 2 Or ape; 3 Leash; 4 At CRT; 5 PS Shy

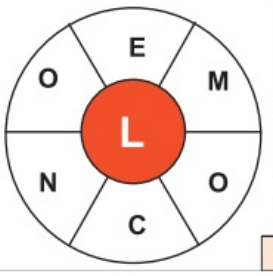
## Mensapuzzle

When the right is folded to form a cube, which is the only one of the following that can be produced?



## Bull's eye




How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

**08** Average; **09** Good; **11** Outstanding

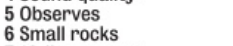
## SudokuChallenge

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 4 | | 1 | 9 | 5 | | 7 | |
| 9 | 5 | | | 3 | | | 4 | 8 |
| | | | | | | | | |
| 1 | 7 | | | | | | 9 | 3 |
| | 9 | | 3 | | 2 | | 6 | |
| 8 | 6 | | | | | | 5 | 1 |
| | | | | | | | | |
| 6 | 2 | | | 8 | | | 3 | 4 |
| | 8 | | 6 | 5 | 9 | | 1 | |

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

## Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



**Easy** = 1
4 4 7 8

**Medium** = 15
2 3 4 4

**Hard** = 6
2 4 6 3

## Hocusfocus

Find at least six differences in details between panels.

**Differences:** 1. Stick is shorter 2. Cuffs are added 3. Rail is added to fence 4. Leaves are missing 5. Sleeve is shorter 6. Ear is missing

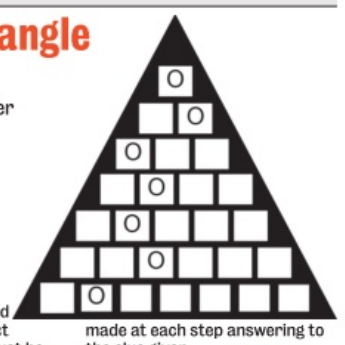
## Riddler

When you behead a word, you remove the first letter and still have a valid word. You will be given clues for the two words, longer word first.

1. Small piece broken off –> Body part
2. Threw with force –> Whips
3. Sudden bursts of light –> Body parts
4. Body part –> Playing card; someone skilled in a field

## Alpha triangle

1 Circular letter
2 Nah
3 Blast-off preceder
4 Sound quality
5 Observes
6 Small rocks
7 14-line poems



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.


DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

# COMICS

## Redeye by Mel Casson

WELL... WHAT DO YOU THINK, DAUGHTER-IN-LAW ?
I THINK IT'S THE MOST DISGUSTING IDEA I'VE EVER HEARD!
AND WHAT, MAY I ASK, IS WRONG WITH PRUNE WINE ?

## Bizarrotrip

## Diamond Lil

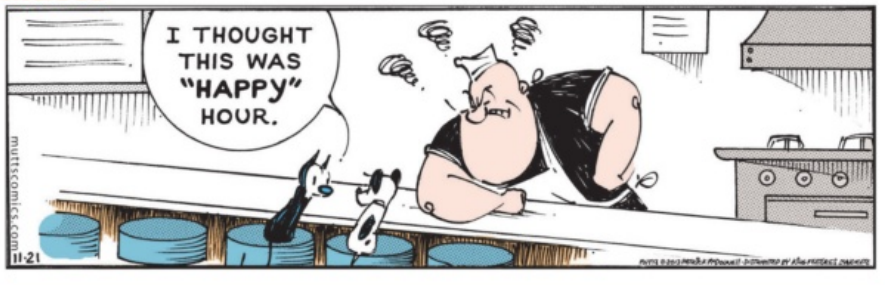
## Hart of the city

AUDITIONS TODAY! FOR HEART'S SIDEKICK!!
•Adventure
•Fun!
•Personal Assistant!
UH... WHAT'S THIS LAST PART HERE... IT SAYS "PERSONAL ASSISTANT"... IS THAT WHAT YOU'RE LOOKING FOR?
SORT OF...
A NON-PAID PERSONAL ASSISTANT... OR AS MOST PEOPLE WOULD SAY, "SLAVE".
CALL IT AN INTERNSHIP, IF THAT MAKES YOU FEEL BETTER!

## Crankshaft

THE LOTTERY IS UP TO SIXTY MILLION DOLLARS!
The Paper
MAYBE WE SHOULD POOL OUR RESOURCES AND BUY A BUNCH OF TICKETS TOGETHER.
WHY NOT? I ALWAYS LIKE TO WAIT UNTIL THE ODDS ARE NEARLY IMPOSSIBLE.

## Mutts




# WHAT YOUR STARS SAY TODAY

**Aries** Mar 21 – Apr 20
Today you may not feel better; old health issues may arise, and it may make you upset. You may make some wrong decisions due to impatience and hurry. It is advised to think twice before making any decision. It is advised that you should not keep money loose; otherwise, you may spend it on buying worthless stuff.

**Taurus** Apr 21 – May 20
Today you are blessed by the moon; it may make you happy. You are likely to have made good gains in your past investments. You may be able to make quick decisions in terms of work, which may give you good gains in the near future.

**Gemini** May 21 – Jun 21
Today you may be busy at work, but with the help of your strong network, you may be able to implement your plans successfully. Your wisdom may help you gain profits from past investments. You may enjoy your romantic moments with your spouse, which will increase harmony in your domestic life. Love birds may enjoy their happy moments.

**Cancer** Jun 22 – July 23
Today you are blessed by the moon, which may make you happy. Last week's crunch is now over. With the help of blessings, you may get reciprocation for your hard work. With the help of your subordinates, you may be able to initiate your postponed work. There are some gains in your business that may boost your finances.

**Leo** Jul 24 – Aug 23
Today you may feel dull. You may have some health issues. You are advised to postpone making investments in the business. It is also advised not to start a new venture. You are likely to face losses in the business. Your gains are likely to be converted into losses.

**Virgo** Aug 24 – Sep 23
Today you may be enthusiastic. That may speed up your project. You may be able to make quick decisions, which will increase your business. You are likely to start a new innovation in partnership. An investment in the fixed assets with the business partner is not advised.

**Libra** Sep 24 – Oct 22
Today you are blessed by a positive moon. You may feel healthy, and old health issues may be cured now. The amount, which was stuck somewhere, is likely to be recovered now. You may also apply for a loan to buy some stuff related to luxury.

**Scorpio** Oct 23 – Nov 22
Today you are blessed by the moon. That may give you confidence. You may be able to make important decisions confidently. You are also decisive, so you may grab the opportunity without a second thought. You will also plan for higher studies. You are likely to meet with some intellectual people; you may exchange views with them.

**Sagittarius** Nov 23 – Dec 22
Today you may be able to complete difficult tasks very easily. That may boost your confidence level. Your past investments may pay you good gains. You are advised to avoid arguments on worthless topics; it may waste your precious time. You are also advised to control your spending on worthless stuff.

**Capricorn** Dec 23 – Jan 20
Today you may feel energetic. You may perform efficiently at work; your hard work may pay you now. That may boost your confidence. Property-related disputes with the siblings are likely to be resolved now. Your meeting with an influential person may boost your network. You may also expect some short trips.

**Aquarius** Jan 21 – Feb 19
Today you are blessed by the moon; it may make you happy. You are likely to get a big order with the help of your communication skills. You are polite with the people around you, which may increase your respect. You may make some difficult decisions in business with the help of your colleagues.

**Pisces** Feb 20 – Mar 20
Today you are blessed by the moon; it's a good day for you. You have good vitality, which you may enjoy at work, and you may enjoy romantic moments with your spouse, which may improve domestic harmony. You are likely to make new plans to start some new project, and your perfection may help you design the flow chart. Job seekers will find suitable jobs. Lovebirds are advised to avoid discussions on worthless topics.

## KIDZONE

Elizabeth Xavier, 12 Years, Sacred Heart Girls School

Mary Clara M, 12 Years, S.H.G.H.P. School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

## SOLUTIONS

**SOLVE IN 1M**
(33/3) / (7/21)
=33/3 x 3/21
=11/7

**BULL'S EYE**
clone, colon, cool, lemon, loco, lone, loom, loon, melon, mole, MONOCLE

**STRIKE OUT**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | A | U | T | Y | | S | A | S | | I | S | I | S | |
| E | | S | | K | | A | | C | | M | | O | | |
| H | A | U | N | T | S | | E | S | K | I | M | O | | |
| S | | C | | N | E | H | R | U | | N | | I | | |
| I | R | O | N | E | D | | A | R | S | O | N | S | | |
| U | | L | I | I | | Y | | U | L | T | | N | | |
| G | | | G | L | A | C | I | A | L | | | E | | |
| N | | S | A | L | | I | | S | O | S | | H | | |
| I | R | E | F | U | L | | S | E | T | T | E | E | | |
| T | H | | B | E | A | C | H | | | D | | R | | |
| S | A | C | H | E | M | | S | T | A | Y | U | P | | |
| I | | T | | A | | I | | R | | | | P | | |
| D | A | I | L | | C | U | D | | A | T | T | A | | |

**QUICK**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| L | A | S | T | | L | E | G | S | | A | D | D | S | |
| I | | N | | L | | O | | E | | | | E | | |
| N | E | T | | I | N | V | E | R | S | E | | S | | |
| M | | A | | X | | G | | I | | N | | N | | |
| O | F | F | E | N | D | | | T | H | I | N | K | | |
| S | | E | | A | | | | | | | | A | | |
| U | N | B | O | R | N | | O | N | F | I | L | E | | |
| O | | E | | O | | | | N | | | | W | | |
| R | E | A | C | H | | L | E | N | T | I | L | | | |
| O | | E | | T | | L | | A | | D | | D | | |
| G | E | S | T | A | P | O | | R | O | U | S | E | | |
| I | | T | | L | | P | | M | | O | | E | | |
| V | I | A | L | | V | A | N | I | S | H | E | D | | |

**MENSA PUZZLE**
E

**RIDDLER**
1. Chip -> Hip,
2. Flung -> Lung,
3. Flashes -> Lashes,
4. Face -> Ace

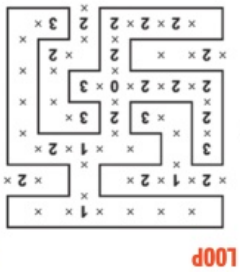
**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 4 | 8 | 1 | 9 | 5 | 3 | 7 | 6 |
| 9 | 5 | 6 | 2 | 3 | 7 | 1 | 4 | 8 |
| 7 | 3 | 1 | 8 | 4 | 6 | 9 | 2 | 5 |
| 1 | 7 | 2 | 5 | 6 | 8 | 4 | 9 | 3 |
| 4 | 9 | 5 | 3 | 1 | 2 | 8 | 6 | 7 |
| 8 | 6 | 3 | 9 | 7 | 4 | 2 | 5 | 1 |
| 5 | 1 | 7 | 4 | 2 | 3 | 6 | 8 | 9 |
| 6 | 2 | 9 | 7 | 8 | 1 | 5 | 3 | 4 |
| 3 | 8 | 4 | 6 | 5 | 9 | 7 | 1 | 2 |

**ALPHA TRIANGLE**
0, No, One,
Tone, Notes,
Stones,
Sonnets.

**GO FIGURE**
Easy
8 + 4 - 7 - 4 = 1
2 x 4 + 3 + 4 = 15
Medium
6 / 3 x 4 - 2 = 6
Hard

**LOOP**



**KAKURO**

**FAST FIVE**

| | | | | |
|---|---|---|---|---|
| C | O | S | T | S |
| A | P | E | R | Y |
| R | E | L | A | P |
| O | R | A | C | H |
| B | A | H | T | S |

**QUOTE UNCODE**
If you want to keep something concealed from your enemy, don't disclose it to your friend.

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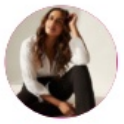

**Superhero saga**— Huma Qureshi, a successful actor in the film industry, is now venturing into writing with her debut novel titled 'Zeba: An Accidental Superhero'. It is the story of Zeba, a rebellious girl who unexpectedly gains superpowers



# Heartfelt plea

The year 2023 has turned out to be quite important for the Deols.

In addition to Dharmendra's 'Rocky Aur Rani Ki Prem Kahaani', and Sunny Deol's record-breaking 'Gadar 2', Rajveer Deol is about to make his acting debut with Rajshri Productions' 'Dono', and Esha Deol's first production, 'Ek Duaa', was given a special mention in the non-feature film category at this year's National Awards.

Esha, like everyone else in the family who is making the most of their acting careers, also wants her mother to make a comeback. The legendary actor and politician was most recently seen in Shimla Mirchi, which was ultimately released in 2020, five years after being shot.

Esha stated in an interview with News18 that she has been encouraging her mother to make a comeback and do it forever and that her mother wants to do films again.

She went on to say that her mother has always wanted to return to the cinema and has even read scripts for films. She is also looking at several exciting roles and scripts. She's the type of person who claims she'll only appear in front of the camera if something exceptionally great comes her way. Esha, who made a comeback last year with Ajay Devgn's drama Rudra: The Edge of Darkness, added that if somebody had anything positive for her mother, they should call her.

She went on to say that with so many actors in the family, all of their conversations at home are about work. Esha stated that they frequently talk about work because their family is creative. Esha recalled Dharmendra personally asking for everyone's feedback before beginning work on 'Rocky Aur Rani Kii Prem Kahaani' and said whenever her father starts a new project, he'll show them pictures from his look tests and costumes. She said he still has that childlike excitement that makes them very happy.

**—ETimes**

# Aquaman's rebirth

Hold your breath because we're diving deep with the trailer of Jason Momoa's grand superhero fantasy action film 'Aquaman and the Lost Kingdom'. After keeping fans waiting months for the significant trailer drop, the makers dropped the new clip featuring Jason Momoa in an all-new avatar of a Dad on Thursday night.

In the film, the actor is set to make his return as Arthur Curry/ Aquaman, opposite Patrick Wilson's Orm, and Yahya Abdul-Mateen II as the Black Manta.

Director James Wan, renowned for his work in the Aquaman series, expressed his enthusiasm for the project, emphasizing the chance to witness Curry's character growth. The film's inception saw Arthur as somewhat of a nomad, but Wan makes his sit back down and play the role of King, father and superhero.

According to reports, the movie will revolve around the complex relationship between Arthur and Orm. It will also feature Amber Heard as Mera, the Queen of Atlantis and mother of the heir to the throne. The trailer also gives a first look at Yahya Abdul-Mateen II as the supervillain, Black Manta. This time, the Black Manta is more formidable than ever, wielding the power of the mythic Black Trident, which unleashes an ancient and malevolent force. He is determined to exact vengeance for his father's demise by annihilating Aquaman and Atlantis. This new universe will start the highly anticipated Superman: Legacy, scheduled for release in July 2025.

**—ETimes**

# Thrilling tale

Director K Narendra Babu, renowned for his work in Kannada cinema, has again demonstrated his directorial prowess in the film 13 Part 1. This time, he deserves applause for crafting a character that perfectly complements the physicality and talents of Raghavendra Rajkumar and for eliciting outstanding performances from the cast.

The story revolves around Mohan (Raghavendra Rajkumar), the owner of a guzari shop, who finds himself in a heated dispute with Mustafa (K Narendra Babu), the proprietor of a nearby puncture shop. Mohan is married to Saira, and their inter-caste marriage sets them apart in the community of Kottigehara, where they are highly respected for their sincerity and philanthropic deeds.

The plot thickens when John (Dilip Pai), an associate of a hawala agent named Chowdary, is tasked with retrieving a substantial sum of money from Udam Sait (Ba Ma Harish). John and his partner hatched a plan to deceive Chowdary by concealing the hawala money, a staggering Rs 13 crore, amidst a pile of rice straw hay near Mohan's residence. Saira stumbles upon this hidden treasure, setting the stage for a gripping narrative.

**13 PART 1**
**3.0 RATING** ★★★☆☆
- **DIRECTOR** K Narendra Babu
- **ACTORS** Raghavendra Rajkumar, Shruthi, Pramod Shetty, Dilip Pai, K Narendra Babu, Ba Ma Harish
- **CERTIFICATION** U/A
- **Duration** 123 minutes

The introduction of Savanth Kumar (Pramod Shetty), a corrupt police inspector hired by Chowdary, adds another layer of tension to the story. 13 Part 1, unfolds as a thrilling tale centred on the fate of the hawala money.

Raghavendra Rajkumar delivers a commendable performance, captivating audiences with his impeccable dialogue delivery and expressive gestures, particularly in his confrontations with Pramod Shetty's character. Shruthi steals the spotlight with her exceptional acting, notably her ability to deliver Urdu dialogues flawlessly. Pramod Shetty's portrayal of a corrupt police inspector is convincingly executed, adding depth to the film.

K Narendra Babu's portrayal of Mustafa exudes authenticity, embodying the essence of a Muslim character from locales like Shivajinagar or Chamarajpet.

Including the item song "Single Sevanthi" is an enticing treat for mass audiences, further enhancing the film's appeal.

13 Part 1 is a must-watch for all movie enthusiasts, especially die-hard Raghavendra Rajkumar fans who have long awaited his return to the screen alongside Shruthi after a hiatus of 24 years. Director K Narendra Babu's direction and stellar performances make this film an engaging and memorable cinematic experience.

**—Y Maheswara Reddy**

# Suspense unveiled

Tatsama Tadbhava plunges into a mysterious plot in the quaint Thathaguni Estate. Director Vishal Atreya takes the audience on a suspenseful journey of Arika (Meghana Raj) desperately inquiring about her missing husband and seeking help from the Doddabale Police Station, led by Inspector Aravind Ashwathama (Prajwal Devaraj).

During the investigation, Aravind Ashwathama discovers that Arika is responsible for the murder. Meanwhile, Mathew (Aravind Iyer) enters the scene and claims that Arika is Akira, the woman he loves. Mathew stated that he met Akira at a pub and fell in love with her. He also mentioned that Akira is a guitar player. At this juncture, the police found a guitar at Arika's house. The connection between Arika and Akira, who the murderer is, and what happened to Arika and Akira is what Tatsama Tadbhava is all about.

**TATSAMA TADBHAVA**
**3.0 RATING** ★★★☆☆
- **DIRECTOR** Vishal Atreya
- **ACTORS** Prajwal Devaraj, Meghana Raj, T S Nagabharana, Aravind Iyer Balaji Manohar, Girija Lokesh
- **CERTIFICATION** U/A
- **Duration** 121 minutes

Atreya's storytelling is sharp and keeps the audience on the edge of their seats. The screenplay is structured into five intriguing chapters – Missing Pieces, Missing and Found, Truth or Dare, Hide and Seek, and Confession, each adding layers to the enigmatic tale.

Meghana Raj shines in a double role, effortlessly transitioning between characters. Prajwal Devaraj's portrayal of the intelligent police inspector adds depth to the narrative. As the maid servant Savitha, Girija Lokesh delivers a delightful performance that leaves the audience in splits with her witty dialogues and gestures. The supporting cast, including T S Nagabharana, Balaji Manohar, and Aravind Iyer, offer commendable support.

Srinivas Ramaiah's camera work and Vasuki Vaibhav's music enhance the film's overall appeal, adding value to the viewing experience.

'Tatsama Tadbhava' is a treat for suspense thriller enthusiasts, presenting a twisted narrative that keeps you guessing till the end. Director Vishal Atreya's skilful direction and the cast's stellar performances make this movie a worthy watch for anyone seeking a thrilling cinematic experience.

**—Y Maheswara Reddy**